

- Exercise your right to vote by pre-registering to vote at 17 and voting in elections beginning at 18.
- Address guardianship options, if appropriate, such as decisions about healthcare, money and living arrangements.
- Explore the services available through the Independent Living Section of the Oklahoma Department of Human Services.
- Learn about Financial Management and Asset Development to prepare for living independently after high school and/or college.
- Open a checking and/or savings account.
- Begin developing a resume and obtaining letters of recommendation.

Ages 18-22

- Explore free information and resources available from the Job Accommodation Network (JAN) — [www.askjan.org](http://www.askjan.org).
- If you are receiving benefits through Social Security Administration, such as SSI or SSDI, do what is necessary for redetermination as an adult.
- Males must register for selective service. Visit [www.sss.gov](http://www.sss.gov) for more information.
- Meet with your VR/SBVI counselor in the spring of your last year of high school to finalize your post-high school plans.



## Divisions of Vocational Rehabilitation and Services for the Blind and Visually Impaired

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## CHECKLIST



**OKLAHOMA DEPARTMENT OF REHABILITATION SERVICES**

## LEARN

## PARTICIPATE

## ACHIEVE



THIS CHECKLIST IS DESIGNED TO HELP GUIDE YOU THROUGH YOUR TRANSITION JOURNEY.

Ages 14-15

- Learn about your disability, including your strengths and accommodation needs, including assistive technology.
- Participate in transition planning by preparing for meetings, attending scheduled meetings and learning to lead your own IEP meetings.
- Gather resources about future needs (e.g., transportation, medical, housing) [www.oklahoma.gov/okdrs/information/promotional/publications.html](http://www.oklahoma.gov/okdrs/information/promotional/publications.html) trans-folder.pdf.
- Work with teachers and parents to prepare for driving by reading the study guide, taking online sample tests, doing driving simulations and successfully obtaining your state ID and/or driving permit.

- Research careers, paying attention to what it takes to get the job you want. (e.g., training, certificate, degree, physical ability). Pay attention to what jobs are in-demand.
- Think about the career you want and set goals for how to reach it. Discuss your future, goals and independence with your parents and teachers.
- Discuss your existing or potential need for Assistive Technology with your IEP team and your parents and gather information on resources.

- To help reach your employment goals, begin the application process for DRS services at age 15 1/2. If determined eligible, services may begin at age 16.

- If you plan to attend college, be sure to apply for the OK Promise starting at age 13 up through 10th grade - [www.okhighered.org/okpromise](http://www.okhighered.org/okpromise)

Ages 16-17

- Obtain your state ID and/or driving permit.
- Invite Vocational Rehabilitation (VR), Services for the Blind and Visually Impaired (SBVI) and other agency representatives who may participate in post-high school planning to

your meetings. Ask about career exploration, job training, mentoring opportunities, volunteering and work experience offered through your high school and in the community.

- Explore careers after job training and before work experience.
- Discuss future training and education options.
- If college is your chosen path, begin taking the ACT or SAT for college entrance. Also, in your junior or senior year, submit all of the financial aid applications and documents, if you have not done so already.
- Gather information about the potential post-secondary educational programs of your choice. This will include all admission requirements, how to access support services, and what course waivers or substitutions may be available.
- Set up job shadow experiences to learn about careers of interest. Get paid and unpaid work experiences.
- If you receive benefits through the Social Security Administration (SSA) and have applied for VR services or currently receive VR services through DRS, request a meeting with a Benefits Planning Specialist and your parents to discuss incentives related to working at a job.
- Discuss with your parents and teachers how you will get to and from school, home, and work as well as you will live at home, in a dorm, with roommates, etc.

WE WILL HELP YOU PAINT A BRIGHT FUTURE.

